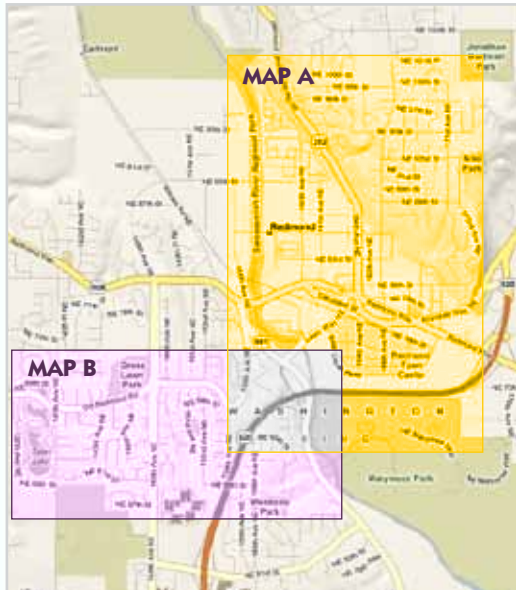


Physical activity is one of the best ways to prevent disease and walking is one of the easiest ways to get started and stay healthy. Walking builds community by getting people out in their own neighborhoods and meeting others. In addition, walking instead of driving reduces traffic congestion and pollution.



The areas highlighted above indicate the parameters of the maps inside of this brochure.

For more information on walking in Redmond contact
City of Redmond - Parks and Recreation at 425.556.2311
or email redmondparks@redmond.gov

Redmond business directory and discounts available at
thinkredmond.com



walk REDMOND

WEST Including Downtown,
Grass Lawn & Overlake

walking routes

Sammamish River Walk - 1.5 mi

Highlights: Grasses and trees line your way along a path following the bank of the Sammamish River. You can view nesting ducks and take a rest on the many benches facing the water or just stop on one of the bridges and glance below.

Terrain: The trail is relatively flat, the east side of the river is paved and the west side is gravel. To access the west side of the trail, cross the PSE Trail pedestrian bridge to the north and the 90th Street bridge to the south. Handicap Accessible 

Rookery Loop - 1.1 mi

Highlights: Enjoy the sights and sounds of nature as you walk along the river. Take a break to explore the garden on the east side, admire various art pieces along the trail, and visit Dudley Carter's Haida House at Slough Park.

Terrain: Paved and relatively flat. Handicap Accessible 

Old Town Loop - 1.7 mi

Highlights: Walk around historic downtown Redmond and loop through lush Anderson Park. Pick up the Historic Downtown Redmond Walking Tour Guide at the Historical Society office in the Old Redmond Schoolhouse Community Center to learn more about the many historic landmarks in our downtown.

Terrain: City sidewalks and paved trails, relatively flat terrain. Handicap Accessible 


Pathways to Wellness Walk - 3.1 mi

Highlights: Walk by the many highlights in downtown including Luke McRedmond Landing, the Farmer's Market, Redmond Town Center, historic Anderson Park, and the Old Redmond Schoolhouse Community Center.

Terrain: City sidewalks and paved trails, relatively flat terrain. Handicap Accessible 

Around the Town Loop - 4.3 mi

Highlights: Travel along the Sammamish River and Bear Creek trails which highlight a number of art pieces. Skirt the edge of downtown including Anderson Park, the Old Redmond Schoolhouse Community Center, and shopping centers for running errands during your walk.

Terrain: City sidewalks and paved trails, relatively flat terrain. There is a hill on 166th Ave heading north. Use caution crossing the busy Leary Way and Redmond Way, please use crosswalks. Handicap Accessible 

Mid-Block Loop - 1.4 mi

Highlights: Enjoy the short walk next to the glistening Sammamish River and explore pedestrian routes that intersect Downtown Redmond with hidden treasures of art and nature.

Terrain: City sidewalks and paved trails, relatively flat terrain. Handicap Accessible 

Education Hill Park Loop - 3.2 mi

Highlights: Walk through some of Education Hill's lovely residential neighborhoods, connecting Hartman Park, Nike Park and Reservoir Park. Stop at the viewpoint west of the tennis courts at Reservoir Park to take in a sunset.

Terrain: Mostly residential sidewalks and some lightly traveled residential streets. Route is hilly

West Side Loop - 3.0 mi

Highlights: See the sights of the west side of Redmond; Marymoor Park, the Bridle Crest Trail, Westside Park, and the SR-520 Bike Trail. Stop at the top of the hill in Westside Park for a beautiful territorial view or divert into the Redmond West Wetlands for a nature walk before heading back to Marymoor.

Terrain: Routes through the Bridle Crest Trail, Westside Park and Redmond West Wetlands are primarily unpaved. The remainder of the route is along paved trails or sidewalks. Route is very hilly

Bridle Crest Trail - 0.9 mi

Highlights: Tour the Redmond West Wetlands and explore native wildlife and plants along a nature trail. Then head up the Bridle Crest Trail to Bridle Trails State Park, where you can continue on the trail system within the park.

Terrain: Mostly dirt trails, very hilly

safety tips

Please observe the following safety precautions:

- It may be easier to lose your footing on unpaved trails when they are muddy or when they are dry and sandy
- Walk against traffic on roads without sidewalks
- Walk with traffic (on the right) when using trails
- Be visible, wear bright clothing and use lights when dark
- Look left, right, left again before crossing a road
- Establish eye contact with drivers before entering the road

Walkers assume responsibility for their own safety when walking the suggested routes on this map.

